

INVITATION DU PRINTEMPS CNMT 2026  
Mont-Tremblant, 21- - 22-3-2026

Epreuve 9  
2026-03-22 - 9:00

400m 4 nages

Cat. générale  
Liste résultats

Points: AQUA 2025

Rang				Age					Temps	Pts		
<b>10 ans et moins, Filles</b>												
1.	PATRUTIU, Anna			10	Natation Gatineau				<b>6:06.83</b>	337		
	50m:	40.68	40.68	150m:	2:15.69	47.43	250m:	3:53.48	51.59	350m:	5:27.10	41.10
	100m:	1:28.26	47.58	200m:	3:01.89	46.20	300m:	4:46.00	52.52	400m:	6:06.83	39.73
<b>11 - 12 ans, Filles</b>												
1.	DINH, Marie-Anne			12	Club Citadins de Vaudreuil				<b>6:08.35</b>	333		
	50m:	41.36	41.36	150m:	2:15.39	46.32	250m:	3:56.17	53.95	350m:	5:30.60	40.26
	100m:	1:29.07	47.71	200m:	3:02.22	46.83	300m:	4:50.34	54.17	400m:	6:08.35	37.75
2.	PAQUETTE, Élizabeth			11	Club Citadins de Vaudreuil				<b>6:15.52</b>	314		
	50m:	44.72	44.72	150m:	2:22.58	47.94	250m:	4:03.47	51.77	350m:	5:39.30	42.12
	100m:	1:34.64	49.92	200m:	3:11.70	49.12	300m:	4:57.18	53.71	400m:	6:15.52	36.22
3.	PAQUIN, Léa			12	Neptune Natation				<b>7:02.39</b>	221		
	50m:	42.51	42.51	150m:	2:34.65	56.60	250m:	4:23.83	55.76	350m:	6:11.99	49.79
	100m:	1:38.05	55.54	200m:	3:28.07	53.42	300m:	5:22.20	58.37	400m:	7:02.39	50.40
4.	LEONARD, Anaïs			11	Neptune Natation				<b>7:17.70</b>	198		
	50m:	47.40	47.40	150m:	2:46.26	54.15	250m:	4:38.66	58.91	350m:		
	100m:	1:52.11	1:04.71	200m:	3:39.75	53.49	300m:	5:36.93	58.27	400m:	7:17.70	
disq.	DAIGNEAULT, Jade			12	Neptune Natation							
	<i>BfF - II.8.3 Mouvements alternés des jambes ou des pieds / Alternating movement of legs or feet</i>											
<b>11 - 12 ans, Garçons</b>												
1.	AGUENIS, Adam Liam			12	Natation Gatineau				<b>5:37.31</b>	337		
	50m:	35.17	35.17	150m:	1:59.48	43.00	250m:	3:30.31	49.20	350m:	4:59.45	38.56
	100m:	1:16.48	41.31	200m:	2:41.11	41.63	300m:	4:20.89	50.58	400m:	5:37.31	37.86
2.	BOUCHARD, Julien			12	Club de Natation Mont-Tremblan				<b>5:51.74</b>	297		
	50m:	38.97	38.97	150m:	2:10.79	45.65	250m:	3:44.30	49.88	350m:	5:13.61	37.24
	100m:	1:25.14	46.17	200m:	2:54.42	43.63	300m:	4:36.37	52.07	400m:	5:51.74	38.13
3.	JESSE, Oliver			12	Natation Gatineau				<b>6:03.94</b>	268		
	50m:	42.54	42.54	150m:	2:21.82	50.27	250m:	3:59.06	49.93	350m:	5:28.59	40.92
	100m:	1:31.55	49.01	200m:	3:09.13	47.31	300m:	4:47.67	48.61	400m:	6:03.94	35.35
4.	L'ESPERANCE, Logan			12	Neptune Natation				<b>6:31.34</b>	216		
	50m:	41.61	41.61	150m:	2:21.12	49.57	250m:	4:06.56	56.66	350m:	5:47.56	43.69
	100m:	1:31.55	49.94	200m:	3:09.90	48.78	300m:	5:03.87	57.31	400m:	6:31.34	43.78
<b>13 - 14 ans, Filles</b>												
1.	CAREY, Julia			14	Club Citadins de Vaudreuil				<b>5:41.05</b>	420		
	50m:	36.74	36.74	150m:	1:58.47	39.70	250m:	3:30.01	50.16	350m:	5:02.43	39.53
	100m:	1:18.77	42.03	200m:	2:39.85	41.38	300m:	4:22.90	52.89	400m:	5:41.05	38.62
2.	PERTH, Kiliana			14	Neptune Natation				<b>5:48.55</b>	393		
	50m:	34.84	34.84	150m:	2:04.65	45.76	250m:	3:41.41	51.30	350m:	5:11.71	38.02
	100m:	1:18.89	44.05	200m:	2:50.11	45.46	300m:	4:33.69	52.28	400m:	5:48.55	36.84
3.	PRIEUR, Lily			14	Club Citadins de Vaudreuil				<b>5:53.73</b>	376		
	50m:	37.81	37.81	150m:	2:06.48	45.11	250m:	3:39.43	47.02	350m:	5:11.23	42.70
	100m:	1:21.37	43.56	200m:	2:52.41	45.93	300m:	4:28.53	49.10	400m:	5:53.73	42.50

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Epreuve 9, Filles, 400m 4 nages, 13 - 14 ans

Rang				Age					Temps	Pts		
4.	HÉROUX, Maelle			14	Club Citadins de Vaudreuil				<b>5:53.79</b>	376		
	50m:	38.15	38.15	150m:	2:05.41	42.53	250m:	3:42.07	52.39	350m:	5:14.75	40.77
	100m:	1:22.88	44.73	200m:	2:49.68	44.27	300m:	4:33.98	51.91	400m:	5:53.79	39.04
5.	LAFRENIÈRE, Sandriane			13	Natation Gatineau				<b>6:00.67</b>	355		
	50m:	40.91	40.91	150m:	2:16.76	48.07	250m:	3:53.14	49.49	350m:	5:22.97	39.66
	100m:	1:28.69	47.78	200m:	3:03.65	46.89	300m:	4:43.31	50.17	400m:	6:00.67	37.70
6.	FORGET, Niki			13	Club de Natation Mont-Tremblan				<b>6:02.67</b>	349		
	50m:	38.91	38.91	150m:	2:12.21	47.69	250m:	3:50.72	52.40	350m:	5:23.40	39.81
	100m:	1:24.52	45.61	200m:	2:58.32	46.11	300m:	4:43.59	52.87	400m:	6:02.67	39.27
7.	DESSUREAULT, Laurence			13	Club de Natation Mont-Tremblan				<b>6:03.40</b>	347		
	50m:	40.13	40.13	150m:	2:09.89	44.78	250m:	3:50.44	56.07	350m:	5:24.20	39.57
	100m:	1:25.11	44.98	200m:	2:54.37	44.48	300m:	4:44.63	54.19	400m:	6:03.40	39.20

13 - 14 ans, Garçons

1.	QI, Tianyu Tevin			13	Natation Gatineau				<b>5:12.58</b>	423		
	50m:	33.44	33.44	150m:	1:51.92	41.85	250m:	3:15.98	44.01	350m:	4:36.97	36.30
	100m:	1:10.07	36.63	200m:	2:31.97	40.05	300m:	4:00.67	44.69	400m:	5:12.58	35.61
2.	PACHEBAT, Gabriel			14	Natation Gatineau				<b>5:29.90</b>	360		
	50m:	35.62	35.62	150m:	1:58.41	42.72	250m:	3:28.63	49.70	350m:	4:54.74	36.90
	100m:	1:15.69	40.07	200m:	2:38.93	40.52	300m:	4:17.84	49.21	400m:	5:29.90	35.16
3.	BEAUMONT, Samuel			13	É.N. St Lambert				<b>5:34.68</b>	345		
	50m:	37.25	37.25	150m:	1:58.16	39.53	250m:	3:27.63	50.62	350m:	4:57.71	37.30
	100m:	1:18.63	41.38	200m:	2:37.01	38.85	300m:	4:20.41	52.78	400m:	5:34.68	36.97
4.	PAQUETTE, Zack			14	Club de Natation Mont-Tremblan				<b>5:45.50</b>	313		
	50m:	37.06	37.06	150m:	2:05.39	44.59	250m:	3:41.02	51.74	350m:	5:09.28	36.81
	100m:	1:20.80	43.74	200m:	2:49.28	43.89	300m:	4:32.47	51.45	400m:	5:45.50	36.22
5.	TÉTREAULT, Alexandre			13	Neptune Natation				<b>5:49.15</b>	304		
	50m:	35.52	35.52	150m:	2:04.40	44.90	250m:	3:38.88	51.72	350m:	5:10.17	40.74
	100m:	1:19.50	43.98	200m:	2:47.16	42.76	300m:	4:29.43	50.55	400m:	5:49.15	38.98
6.	FOURNIER-STERGIOPOULOS, Gabr			13	Neptune Natation				<b>5:59.20</b>	279		
	50m:	38.80	38.80	150m:	2:09.67	45.00	250m:	3:46.07	52.41	350m:	5:19.46	41.33
	100m:	1:24.67	45.87	200m:	2:53.66	43.99	300m:	4:38.13	52.06	400m:	5:59.20	39.74
7.	KAMAL, Malyk			13	Neptune Natation				<b>6:40.28</b>	201		
	50m:	40.17	40.17	150m:	2:25.58	56.73	250m:	4:12.96	51.69	350m:	5:56.65	45.45
	100m:	1:28.85	48.68	200m:	3:21.27	55.69	300m:	5:11.20	58.24	400m:	6:40.28	43.63
8.	MISSAOU, Mohamed			13	Neptune Natation				<b>7:55.46</b>	120		
	50m:	39.05	39.05	150m:	2:39.79	1:00.82	250m:	4:50.29	1:07.52	350m:	6:58.61	57.31
	100m:	1:38.97	59.92	200m:	3:42.77	1:02.98	300m:	6:01.30	1:11.01	400m:	7:55.46	56.85

15 - 16 ans, Filles

1.	DUPUY, Marianne			16	Neptune Natation				<b>5:30.49</b>	461		
	50m:	35.02	35.02	150m:	1:58.10	44.07	250m:	3:29.43	48.13	350m:	4:54.91	37.97
	100m:	1:14.03	39.01	200m:	2:41.30	43.20	300m:	4:16.94	47.51	400m:	5:30.49	35.58
2.	COULOMBE, Justine			15	Neptune Natation				<b>5:43.93</b>	409		
	50m:	36.81	36.81	150m:	1:59.28	41.47	250m:	3:31.85	51.04	350m:	5:04.46	40.72
	100m:	1:17.81	41.00	200m:	2:40.81	41.53	300m:	4:23.74	51.89	400m:	5:43.93	39.47

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Rang			Age					Temps	Pts
3.	LAMPRON, Noemie		15	Neptune Natation				<b>5:56.93</b>	366
	50m:	38.57 38.57	150m:	2:12.23 47.45	250m:	3:45.13 47.50	350m:	5:16.97 43.43	
	100m:	1:24.78 46.21	200m:	2:57.63 45.40	300m:	4:33.54 48.41	400m:	5:56.93 39.96	
	TAILLEUR, Jasmine		16	Neptune Natation				<b>5:56.93</b>	366
	50m:	38.38 38.38	150m:	2:10.39 46.21	250m:	3:48.08 52.85	350m:	5:19.13 40.11	
	100m:	1:24.18 45.80	200m:	2:55.23 44.84	300m:	4:39.02 50.94	400m:	5:56.93 37.80	
5.	MC DONALD, Justine		16	Neptune Natation				<b>5:58.46</b>	362
	50m:	37.73 37.73	150m:	2:07.01 44.55	250m:	3:41.01 49.75	350m:	5:15.97 42.91	
	100m:	1:22.46 44.73	200m:	2:51.26 44.25	300m:	4:33.06 52.05	400m:	5:58.46 42.49	

15 - 16 ans, Garçons

1.	CASEY, Mathew		15	Club de Natation Mont-Tremblan				<b>5:02.75</b>	466
	50m:	31.45 31.45	150m:	1:44.54 37.42	250m:	3:07.77 46.08	350m:	4:29.16 35.15	
	100m:	1:07.12 35.67	200m:	2:21.69 37.15	300m:	3:54.01 46.24	400m:	5:02.75 33.59	
2.	REZVANI, Artin		15	Natation Gatineau				<b>5:21.94</b>	387
	50m:	32.66 32.66	150m:	1:55.62 42.42	250m:	3:22.41 45.97	350m:	4:45.84 36.44	
	100m:	1:13.20 40.54	200m:	2:36.44 40.82	300m:	4:09.40 46.99	400m:	5:21.94 36.10	
3.	SNOW, Jacob		16	Club Citadins de Vaudreuil				<b>5:37.86</b>	335
	50m:	35.14 35.14	150m:	1:59.12 42.57	250m:	3:28.89 48.00	350m:	4:59.47 40.93	
	100m:	1:16.55 41.41	200m:	2:40.89 41.77	300m:	4:18.54 49.65	400m:	5:37.86 38.39	

17 ans et plus, Messieurs

1.	ROBITAILLE, Felix		17	Club de Natation Mont-Tremblan				<b>5:12.12</b>	425
	50m:	33.66 33.66	150m:	1:52.65 40.76	250m:	3:17.11 46.31	350m:	4:38.29 35.68	
	100m:	1:11.89 38.23	200m:	2:30.80 38.15	300m:	4:02.61 45.50	400m:	5:12.12 33.83	